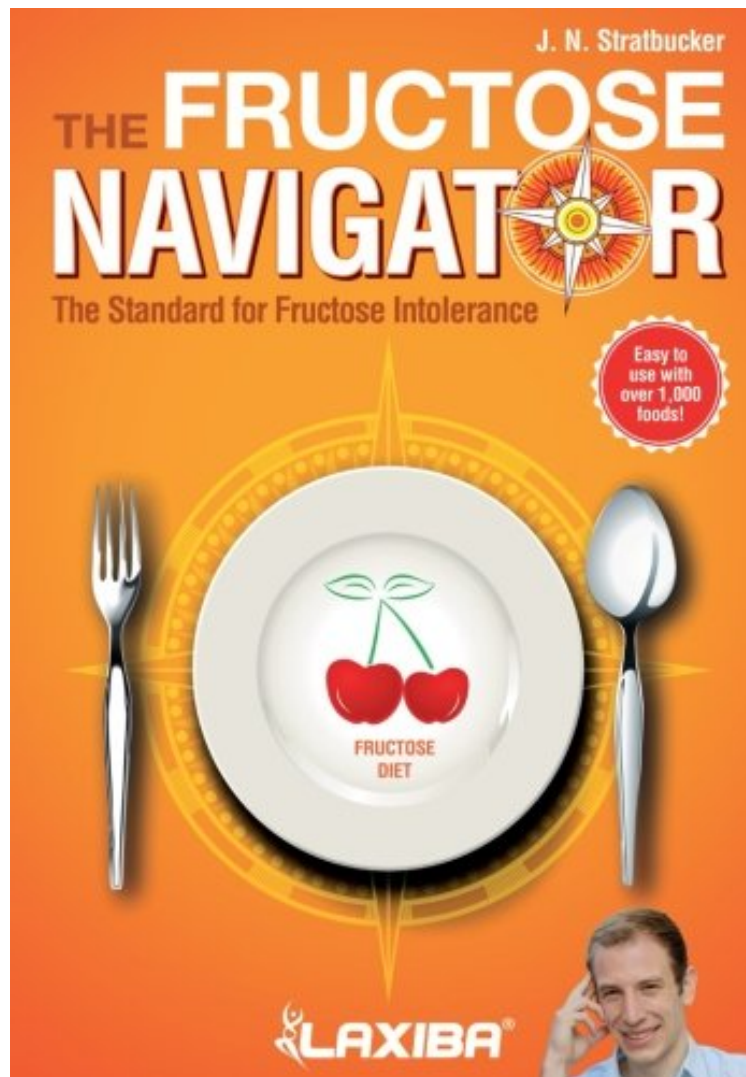


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Laxiba The Fructose Navigator: The Standard for Fructose Intolerance (The Nutrition Navigator Books) (Volume 2)

J. N. Stratbucker

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J. N. Stratbucker : Laxiba The Fructose Navigator: The Standard for Fructose Intolerance (The Nutrition Navigator Books) (Volume 2) before purchasing it in order to gage whether or not it would be worth my time, and all praised Laxiba The Fructose Navigator: The Standard for Fructose Intolerance (The Nutrition Navigator Books) (Volume 2):

0 of 0 people found the following review helpful. This might help youBy JulianThe book has a simple graphical

explanation of fructose intolerance. The guide, which is a bit complicated, has information about fast food you can eat as of 2017. The book seems self-published and is choppy at times, and definitely is coming from the perspective that you should push yourself right up to the boundary of your symptoms before changing food habits. It's ok to use for more information but is not a definitive guide like Monash or Mayo Clinic info. 7 of 7 people found the following review helpful. A guide on a fructose diet meets a motivational whizz. By Richard Divito. For me, it is a great mix of both worlds - the symptom protection and the motivation to change my life for the better. 8 of 8 people found the following review helpful. Crystal clear diet plan. By Natalie Hudson. Concise and comprehensive guide on a low fructose diet and why it reduces your symptoms.

Do you suffer from fructose intolerance? A fructose intolerance affects your whole life: love, work, and spare time, because the symptoms, like abdominal pain, diarrhea, and flatulence, distract you and can even force you not to take part in some activities. You might consider using the FODMAP diet. Shame, shame, shame. The basic approach is old-fashioned and based on a lack of data, so you should fire a doctor proposing it. What you should do instead is adapt your diet to your fructose sensitivity. That is what you will do with this book and what enables you to lower your symptoms reliably while having as much choice as possible. The approach of this book presents the state of the art science in an accessible and simple to use way. You find answers to all of your questions concerning fructose intolerance and receive the best food tables on the market. The experience of experts and patients from all over the globe enables you to regain your quality of life! Smart: Tolerable serving sizes in kitchen units, and gram, to make cooking, and shopping easy, for more than 1,000 foods considering the interactions with glucose and sorbitol to provide you with results that are more precise and enable you to increase the amount you tolerate. Furthermore, delicious recipes for your diet. Flexible: Our credit card-sized cheat sheet makes sure you always have the relevant information at hand. Holistic: Further advice on how to calm your digestion by acting on symptom moderators, covering stress and a balanced diet.

"My grandpa is fructose intolerant and this book covers everything he needs to know. Problems like motivational issues and stress. The food listings earn the book five stars." -Daria "Awesome-neither of the books so far covered the interaction with fructose, glucose, and sorbitol. The style is easy to understand and interactive." -Client "Superb, the author plays all switches. A friend recommended this book to me, and now I know why. It makes me able to eat more fructose-containing products, motivates me, and includes delicious recipes." - Customer About the Author In 2006, John N. Stratbucker was diagnosed with a lactose intolerance after a violent infection with rota viruses. What was later found is that he actually suffered from a sorbitol intolerance. Yet, despite his abandonment of the well-known fruit varieties that contain sorbitol, the abdominal discomforts prevailed. The reason for that were sorbitol-containing foods, which were still unknown. For that reason he decided to act himself. Since then, he deals extensively with the know research on IBS and practical solutions that help patients regain their quality of life. He led his team to victory at the "innovate.healthcare" contest.